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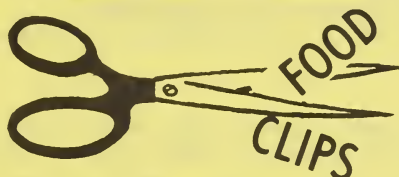
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Potassium, and the related mineral sodium, are needed to keep a normal balance of water between the cells and body fluids, according to USDA's Agricultural Research Service.

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Vitamin K is essential for the manufacture of a substance that helps blood to clot. It's widely distributed in a variety of foods such as green and leafy vegetables, tomatoes, cauliflower, egg yolks, soybean oil and any kind of liver.

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Why do we need calcium? It's needed to clot blood, make nerves and muscles function properly and to develop bones.

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Children (especially) may be short of vitamin C, because they do not eat enough citrus fruits or juice, tomatoes, raw cabbage or other foods which are rich sources of that vitamin.

HOMEMAKERS AND THE ENERGY CRISIS ---WHAT TO DO?

Food probably accounts for 12 to 13 percent of the U.S. total energy requirement -- that is, counting the whole process for food from the growing stage through the retail stage and on into the "pot". The homemaker-- or whoever happens to be donning the chef's hat in your house-- can definitely contribute to energy-saving by preparing fuel-saving meals, according to Agricultural Research Service of the U.S. Department of Agriculture.

One way to contribute to energy saving measures is to plan baking so that several things are cooked with one use of the oven. Preheat the oven no longer than 10 minutes, as for cakes, pies or breads. Avoid pre-heating when not essential. For meats, turn off oven a few minutes before end of cooking time and let residual heat finish the cooking.

One-dish, top-of-the-stove meals may be another way to save. ARS nutritionists have prepared some recipes (for six) for one-burner cooking. [See inside pages.]

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RECORDS SECTION

FUEL SAVING CASSEROLES

—Top of Stove

Top-of-Stove Casserole

1 small onion
1 pound ground beef
2 cups **canned tomatoes**
1/2 cup uncooked rice
1/2 cup water
1 tablespoon sugar
2-1/2 cups cooked split peas
Salt and pepper, as you like

Chop onion. Put ground beef and onion in pan. Cook until meat is browned. Drain off fat. Add tomatoes, rice, water, and sugar. Cover and boil gently about 25 minutes until rice is tender. Add split peas, salt, and pepper. Heat slowly until hot.

Vegetable Soup

4 stalks celery, with tops
2 medium-size onions
2 medium-size carrots
1/4 head small cabbage
3 cups water
2 cups **canned tomatoes**
1/4 cup margarine or butter
Salt and pepper to taste
1/4 cup uncooked rice.

Cut up celery, onions, carrots, and cabbage. Bring water to boil. Add all ingredients except rice. Cover and boil slowly 15 to 20 minutes, until vegetables are almost tender. Add rice. Lower heat and cook about 25 minutes longer until rice is tender.

NOTE: Add 3 beef bouillon cubes or 1 or 2 cups **canned meat** before cooking soup, if you like. Other raw or canned vegetables may be added if desired.

Luncheon Meat Spanish Rice

1/2 cup uncooked rice
1 tablespoon fat or oil
1 small onion
1/2 green pepper
1 stalk celery
2-1/2 cups **canned tomatoes**
2-1/2 cups cut-up **canned luncheon meat**

Cook rice in fat or oil until lightly browned. Chop onion, green pepper, and celery. Add to rice. Stir in tomatoes. Heat to boiling. Lower heat. Cover and cook about 25 minutes until rice is tender. Add meat to rice and heat until meat is hot.

Tuna Barbecue

2 cans chunk tuna (6-1/2 to 7 ounces each)
1 large onion
1 cup catsup
2/3 cup water
2 tablespoons sugar
2 tablespoons vinegar
1 teaspoon prepared mustard
1/2 teaspoon salt
Pepper, as you like
6 hamburger rolls

Drain oil from tuna into a large pan. Chop onion. Cook onion in tuna oil until tender. Add rest of ingredients, except tuna. Cook slowly about 20 minutes, stirring to keep from sticking. Break tuna in large pieces into the sauce. Cook 10 minutes longer, stirring as needed to prevent sticking.

Serve on hamburger rolls.

SPRING CLEANING TIME

—Not Out of Style

Time was that homemakers always did a "spring cleaning" on the entire house. With the advent of all-year fabrics and all-season decor, many people don't do spring cleaning anymore. They do it as they go. However, home safety is a subject that needs reviewing -- certainly with the seasons if you haven't paid enough attention to it on the clean-out as you go plan.

The Pesticide-Chemical Section of the Extension Service of the U.S. Department of Agriculture suggests that if you have any qualms about your home's safety, now is the time to evaluate the situation and take corrective action.

Take the three-point house check:

In Your Medicine Cabinet: Potentially dangerous? Yes, because it holds prescription medications, cough sirups, aspirin, boric acid, camphorated oil, oil of wintergreen. Make sure all medicines are kept where small children can't get at them. Don't keep any medicine that does not carry the label. Don't "reuse" bottles with something not originally intended for that particular bottle.

From Your Laundry Area: Cleaning aids such as bleaches, drain cleaners, dyes, detergents, dry cleaners, floor and rug cleaners, and ammonia -- all are potentially dangerous. You must keep them up high, away from curious little hands. Don't store them under the sink -- not ever!

Read Those Pesticide Labels: Toxic chemicals used to control or repel insects, plant diseases, rodents or weeds need to be used wisely --very wisely. Read the labels carefully. Never stir any chemical solution with your hands. Rinse and drain all empty pesticide containers with water. Store chemicals in a separate locked storage area. -3-

FROZEN FOOD CHART*

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<i>Fruits and vegetables</i>		<i>Meat—Continued</i>	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries	12	Meal dinners	3
Peaches	12	Meat pie	3
Raspberries	12	Swiss steak	3
Strawberries	12	<i>Poultry</i>	
Fruit juice concentrates:		Chicken:	
Apple	12	Cut-up	9
Grape	12	Livers	3
Orange	12	Whole	12
Vegetables:		Duck, whole	6
Asparagus	8	Goose, whole	6
Beans	8	Turkey:	
Cauliflower	8	Cut up	6
Corn	8	Whole	12
Peas	8	Cooked chicken and turkey:	
Spinach	8	Chicken or turkey din-	
<i>Baked goods</i>		ners (sliced meat	
Bread and yeast rolls:		and gravy)	6
White bread	3	Chicken or turkey pies	6
Cinnamon rolls	2	Fried chicken	4
Plain rolls	3	Fried chicken dinners	4
Cakes:		<i>Fish and shellfish</i>	
Angel	2	Fish:	
Chiffon	2	Fillets:	
Chocolate layer	4	Cod, flounder, had-	
Fruit	12	dock, halibut,	
Pound	6	pollack	6
Yellow	6	Mullet, ocean	
Danish pastry	3	perch, sea trout,	
Doughnuts:		striped bass	3
Cake type	3	Pacific Ocean perch	2
Yeast raised	3	Salmon steaks	2
Pies (unbaked):		Sea trout, dressed	3
Apple	8	Striped bass, dressed	3
Boysenberry	8	Whiting, drawn	4
Cherry	8	Shellfish:	
Peach	8	Clams, shucked	3
<i>Meat</i>		Crabmeat:	
Beef:		Dungeness	3
Hamburger or chipped		King	10
(thin) steaks	4	Oysters, shucked	4
Roasts	12	Shrimp	12
Steaks	12	Cooked fish and shellfish:	
Lamb:		Fish with cheese sauce	3
Patties (ground meat)	4	Fish with lemon butter	
Roasts	9	sauce	3
Pork, cured	2	Fried fish dinner	3
Pork, fresh:		Fried fish sticks, scallops,	
Chops	4	or shrimp	3
Roasts	8	Shrimp creole	3
Sausage	2	Tuna pie	3
Veal:		<i>Frozen desserts</i>	
Cutlets, chops	9	Ice cream	1
Roasts	9	Sherbet	1

* Maximum Home-Storage Periods to Maintain Quality in Purchased Frozen Foods. U.S. Department of Agriculture Handbook for the Home, 1973.

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